

Ending Chronic Pain Using Facial Counterstrain Therapy

10 Point Checklist

Tim Hodges

Want to gain as much knowledge as possible out of The Optimized Geek? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

The **OPTIMIZED GEEK** 

HOSTED BY **STEPHAN SPENCER**



"Most people think their pain is their problem, and we in our experience find that it is just not the case. Pain is a symptom. Treating the pain is really kind of a dead end."

TIM HODGES

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Understand that fascia is so much more than "body glue" - it is a protection system that the body employs.
- Pain is not a problem on its own. It is only a side effect of a larger problem, which needs to be addressed to get rid of pain.
- Do you have chronic problems with allergies? Get your fascia checked out. It might be an immune dysfunction that can be treated with fascia work.
- Get a fascial strain treatment done for any parts of the body that aren't achieving proper range of motion.
- Get your head scanned. Benefits from working the fascia in the head can be felt throughout many systems of the body.
- Have you had a major disease or injury recently, or even in the not-so-recent past? It could be that it is leaving a mark on your immune system that can be improved upon by fascial work.
- Feeling run down? It might be that your body is sequestering infectious material. Eliminating unnecessary fascia will improve this problem immediately.
- Go to WestsideMT.com for awesome resources on fascial counterstrain, as well as illuminating case studies.
- TuckeyPT.com is the site of fascial counterstrain's originator, Brian Tuckey, and is great for learning more about the practice.
- Check out the Jones Institute website at jiscs.com to find a fascia worker in your area.